

TRAINER'S CHOICE

Training Studio Schedule

DOYLESTOWN - Effective 1/5/2019

DAY	TIME	INSTRUCTOR	CLASS TYPE	CAPACITY
Monday	6:00am	Vicki	SM Group Flexline	12
Monday	9:15am	Vicki	LG Group HIIT	20
Tuesday	9:15am	Vicki	SM Group HI Cardio	12
Tuesday	10:30am	Tracey	SM Group Flexline	12
Thursday	9:15am	Vicki	SM Group HI Cardio	12
Friday	6:00am	Vicki	LG Group HIIT	20
Friday	9:15am	Vicki	SM Group Weights	12
Saturday	8:00am	Vicki	LG Group HIIT	20

Our Training Studio Classes consist of two class sizes:

Small Group - limited to 12 ensuring greater personal attention

FEES: Single class = \$15 members/\$18 guests; 6-pack = \$75 members/\$102 guests; 12-pack = \$138 members/\$192 guests

Large Group - maximum capacity of 20 ensuring lower cost

FEES: Single class = \$9.50 members/\$14 guests; 6-pack = \$54 members/\$81 guests; 12-pack = \$102 members/\$156 guests

Trainer's Choice Class Descriptions:

Large Group HIIT - High intensity interval training with a mix of cardio, abs and weights; this class is usually station-based using an interval time clock.

Small Group HI Cardio - High intensity cardio that's repetition based, including advanced cardio with weights incorporating running, jump rope, box jumps and more.

Small Group Weights - Toning/muscle building; no cardio (weights only), repetition based.

Small Group Flexline - an efficient full body workout using smart handles to increase or decrease your weight; this class can be station or repetition based allowing you to move at your own pace.

CORNERSTONE Clubs

25 hour sign up policy applies | Kindly give 4 hours notice of cancellation to avoid a 100% cancellation fee.

NOTE: Sessions must be pre-paid for these classes. If you have taken a class and have no sessions on file, Cornerstone will charge the cost of a single class to your method of payment on file. Signing up for auto renewal will avoid single class charges.

Stop by member services or call 215.794.3700. Register online at www.cornerstoneclubs.com